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FROM THE LOVING EARTH is written for the Oregon vegetable gardener. This book describes the organic method of raising a wide variety of vegetables year around, gives recipes for preparing them, and describes easy methods of preservation.

PAT STRAUB is a Salem gardener who has enjoyed raising vegetables organically in the Willamette Valley for 27 years. Her husband, Bob, is the former State Treasurer.

SAM SUNDSTEN is a Eugene commercial artist whose editorial cartoons have been enjoyed by the readers of several Oregon newspapers and journals.

FROM THE LOVING EARTH



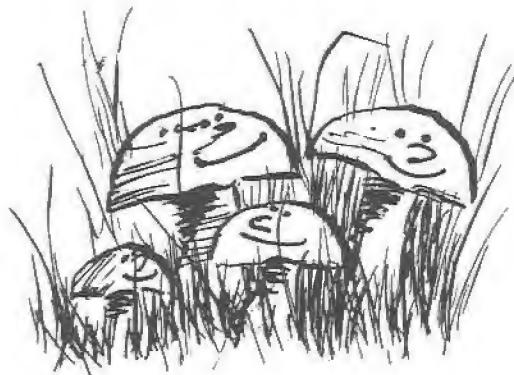
by Pat Straub

FROM THE LOVING EARTH

A COLLECTION OF ORGANIC
GARDENING HINTS AND
RECIPES FOR OREGON
VEGETABLES

by Pat Straub

Good Health!
Pat Straub



illustrated by Sam Sundsten

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Many thanks to: Sandy and Joe Blaha for the idea, the time, and caring to see the book born; Sam Sundsten for the lively drawings; Jeff, Alberta, Carol, Linda and Doreen, for days of typing; and Nancy and Bill Lindburg for the cover design.

This book is lovingly dedicated to my family; Jeff, Mike and Linna, Janie and Franz, Patty and Jay, Peg and Robin, Billy; Lana, Mary, Jimmy, Sage and Moss; and to Bob first and last.

2nd Printing

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ACKNOWLEDGMENTS

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INTRODUCTION

Each year more Oregonians are discovering the joys of gardening, and each year more gardeners are rediscovering the simplicity of the organic method. Each gardener's original motivation is little different, but there is usually a blend of reasons to get involved in growing some of your own food -- returning to the earth, independence, flavor, nutrition, concern for the environment, saving money and energy, concern for food shortages, healthy family recreation and more.

Pat Straub's original motivation into organic gardening grew from her concern for the health of her family. Her efforts paid off, for she has raised six healthy children and has kept her husband, Bob, fit for the strenuous demands of public and private life. Pat, herself, always has that special glow and enthusiasm that comes from good diet and exercise. Her love of wildlife and the natural beauty of the environment makes the use of synthetic fertilizers and pesticides unthinkable. Pat, however, does not let her concerns crowd out the joys of gardening. Pat enjoys her garden, she enjoys cooking and she enjoys good food.

Pat's specialty is the winter garden. She amazes guests with fresh cabbage in March and fresh carrots, Jerusalem artichokes or Brussel sprouts in April. She finds planning for winter harvests easier and healthier than complete reliance on canning and freezing in the fall.

If there is an Oregon style of cooking, Pat is an expert. Dinner at the Straubs' is always delightful. Good conversation is an important ingredient, but Pat's food is an adventure. The food is good and wholesome and served in a combination of color, taste and texture that makes eating an esthetic pleasure.

When Pat decided to share her knowledge of gardening in Oregon and her recipes for using a variety of garden vegetables, her decision was a good one. Oregon's climate is unique, Oregon cooking is unique, and Oregonians are unique. Now there is a book just for us! Sandra Blaha

PROLOGUE



From The Loving Earth

For 27 years our family has lived in the Willamette Valley and eaten vegetables grown in its good earth. I'd like to share some gardening, preserving, and cooking methods I've learned during these years. Perhaps with my help you can avoid a few pit-falls and have wholesome, untainted food -- even with little or no garden space.

With a little bit of planning and a little bit of luck you can have fresh produce year-round. What could be more satisfying on a cold, rainy winter day than to brave the weather and pull or dig crisp carrots and sweet parsnips from the garden, uncover a solid head of cabbage and some potatoes from the hay pile, and, with some beef-marrow bones and home-dried herbs, put together a savory stew to cheer and satisfy family and friends!

Our first year at Goshen, Oregon, I planted a large garden. The soil was rich because, before the Lookout Dam was built, the whole area was flood plain. We had all the water we needed for irrigation. With a boost from the sun and forced labor from our children (and anyone else who happened by) we had bumper crops. Unfortunately, much

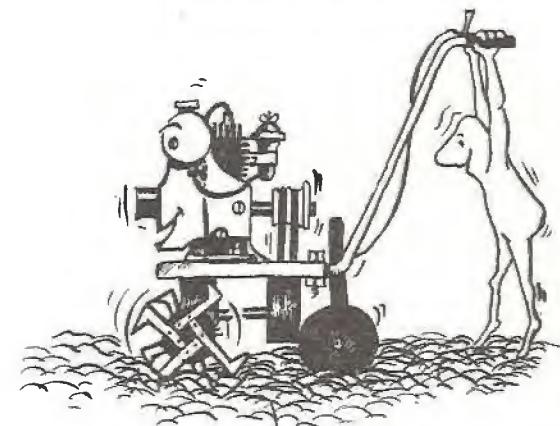
of that harvest was wasted. What could I do with a bushel of parsnips when the only way I knew how to cook them was in a New England boiled dinner? And the beets -- Peggy, seven years old at the time, and her friends loved pulling huge armloads of these and piling them in the kitchen sink. So I canned all the roots, probably throwing all the green tops to the chickens. And the yellow Hungarian peppers? They weren't the kind I'd expected, but they were loaded with fruit; so I used the rest of my jars to put them up. Two years later I emptied all those jars into the compost pile. . .love's labour lost.

Now, a bit older and wiser, I can give some no-nonsense advice. Be sure your family has tried that new vegetable, or just plant part of the package. Check out methods of keeping the surplus vegetables that involve the least work. Try both the leaves and roots of every vegetable. You may be surprised; I discovered our family prefers beet greens, sauteed with oil and garlic, to any other cooked green. Read an informative, innovative book like *Let's Cook It Right*, by Adelle Davis, to see how many ways a parsnip, for instance, can be prepared. (Sauteed parsnips are better than french fried potatoes.) Adelle Davis' cook book makes great bed-time reading. You could put a cover on it from one of Dr. Reuben's books if you're self-conscious.

And go organic. Read Dr. Weston Price's book, *Nutrition and Physical Degeneration*, and one or two of the books by Adelle Davis or Rachel Carson, and you'll know why the instinct to discard or dislike non-organically grown or over-processed foods is correct. Keep a diary from season to season and year to year of where you planted what, the date planted and harvested, how well it did and why, and perhaps what it cost you in seed, fertilizer and labor. If nothing else evolves from this but a few laughs at your failures -- it's worthwhile.

Your garden will improve, and you will enjoy everything your loving earth produces.

CHAPTER I



The Basics: Where to Plant and When

WHERE TO PLANT YOUR GARDEN

Pick the most level, sunny spot you can find fairly close to the house. Avoid big trees - they make shade and use much of the good food in the soil. Be sure that water is handy.

No garden space? Use part of a flower bed for tomatoes and peppers; eggplants are beautiful, too. Chives, onions and garlic help repel aphids when planted near the roses. Lettuce and parsley are pretty as a border to the flowers. Beans will grow up a tall stake or trellis.

Some of the most productive gardens I've seen are planted between the curb and the sidewalk. Why waste water on grass when you could be growing cabbages, corn and cucumbers?

No parking strip? Place pots and boxes of herbs, peppers and tomatoes along a sidewalk or on a patio. These can be moved into the house in late fall to continue producing.

No patio? Think sprouts, herbs, kitchen windows, and indoor hanging pots.

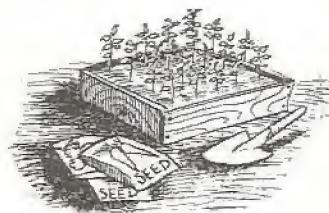
And, finally, don't forget there are community gardens available in some towns. Neighbors are often willing to share their land for a trade in vegetables or aid in paying the water bill.

The condition of the soil is important. Loamy soil is best for a garden. Loam retains water without being muddy. Many Oregon gardens start out as clay which compacts and holds the water on top. It dries so hard that roots have a hard time pushing through it. Rocky or sandy soil acts like a sieve so that frequent watering is necessary to keep the plants alive. Good loam, with lots of organic material in it, is found in river bottom land, some parts of valleys, and in well established gardens.

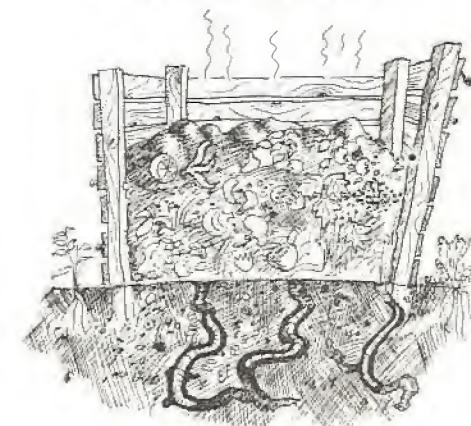
If your soil is not ideal, build it up with manures and available organic matter. Start in the fall if possible. Collect leaves, grass, weeds and other organic material and allow them to break down on the garden site.

WHEN TO PLANT

In early February, peas and fava beans may be planted. Be sure the soil is friable. A few days of sunshine before planting will do the job. Most other plants should not be planted until May. When those hints of Spring give you gardening fever in March and April, and you want to start on summer plants -- spread manure, work the soil if it's ready, build planters, and fix your tools. Hardy plants like the onion and cabbage family could start in April, but for tender ones like tomatoes, corn, leaf lettuce, etc. wait until the native oaks are fairly well leafed out (a sure sign of no more frosts). Your garden will catch up to and easily surpass ones planted too early.



CHAPTER II



Planting Seeds and Sets, Mulching and Composting

PREPARING THE GARDEN SITE

Spade, rototill or disc fresh manure and weeds into the ground. It's best to do this at least three weeks before planting to allow the manure to cool down. If old manure is used you can plant your seeds and sets the same day you work the garden, but don't try to do too much in one day or you won't enjoy the work.

After you have tilled or spaded the friable earth, smooth it with a rake and remove rocks and clods as you go along. If you used a tiller this step many be unnecessary -- you had to move the rocks or break the tiller. Next, make a drill down the center of the row with a rake handle or a triangular hoe. The seed packages give the recommended distances and depths for planting seeds. You can put them closer if your space is limited. If you do place them closer than recommended, place the taller growing plants in rows to the north of the smaller ones in a graduated procession so the larger ones don't block the sun from the smaller ones. Usually it's best to run the rows east and west, but don't fret if this is impossible.

SELECTING SEED

Supermarkets and gardening supply stores have a good variety of seeds in the spring. Seed catalogues are a good source of information on varieties available. If you aren't on seed house mailing lists, garden magazines carry ads for free catalogues in December and January. Planning a garden from an illustrated catalogue is a heady experience; wait 24 hours before you order (you'll need a simmer-down period).

For most crops, a packet of seeds is more than you need, but you can keep most seeds for several years if they're kept dry. Or, you can trade extra seeds with a fellow gardener for more variety.

TRANSPLANTING SEEDLINGS

You will probably be transplanting some plants from indoor flats, seed beds, crowded rows, and commercial nurseries. These transplants are like newborn babies and need extra care at first. When transplanting, it is essential to keep the soil moist and to protect the little hair roots. Try to keep a little dirt around the roots at all times.

Plants that you started indoors should be given at least two days to "harden-off" before moving them to the outdoor garden. On the first day put the boxes of plants outside during the day and bring them in that night. On the second day leave them out overnight.

A cloudy day before a rain is the ideal time to transplant. On dry, sunny days the plants will lose too much moisture through their leaves and may go into shock. If you have to transplant on a sunny day, shade the plants for couple of days with shingles or cardboard stuck upright on the southwest side of the plant, and take extra care to keep the soil moist.

Set the transplant a little deeper in the soil of the garden than it was in the pot, and firm the soil (don't pack too hard) so there are no airspaces around the roots.

Don't try to transplant carrots or other root crops. The

root hairs are too delicate. Onions, however, are usually grown from sets and transplant well.

Give your new transplants a dose of diluted fish emulsion or manure tea right away to lessen the shock of transplanting.

MULCHING

Mulches shade the soil, help it retain moisture and keep down weeds. Also, they break down and provide nutrients. The best mulches are free -- pulled weeds, grass cuttings, leaves, rain-spoiled hay or even newspapers weighted down with a little soil. Often you can get good material from chicken farmers just by offering to clean out the coops for them. But don't let fresh manure -- especially chicken manure -- touch the plants; it's too strong and will burn them. The process of organic mulch breaking down next to the soil creates an ideal growing situation -- this is what happens on a forest floor.

Black plastic and old tires are useful when growing southern plants like peanuts, okra or eggplant that need warmer soil. Otherwise avoid plastic and stick with organic mulches.

The mulch can be up to six inches deep. Chunks of old baled straw or hay are excellent. Newspapers may be spread to one Sunday edition thick. After I had done this the first time, the strongest wind we'd had in six months came up. My face was pretty red when neighbors, even from way down the road, began bringing back my newspapers. It took two days to gather them up, and there was a lot of explaining about using "available materials". So, lap the edges of the newspapers over each other, and toss a rock or shovelfull of dirt on top every now and then.

COMPOSTING

Composting occurs naturally when plants die and decompose back into the soil. Eating the harvest of a garden disturbs the natural pattern that is based partly on

a plant living and dying in the same place. The point of the organic method is to put the plant material taken from the garden back into the garden by composting and mulching. Composting can get very complicated if you want results really fast, but there are four simple and sure methods. The method you use will depend on the space available and how much compost you'll need for the size garden you want to develop and maintain.

For a small area or apartment put your composting materials in a large plastic bag. Make sure the garbage is fairly damp and put in a handful of soil for a bacteria source. Tie the bag tightly. Wait for a few weeks. If there's no odor when you untie the bag, the compost is ready.

Another method is to dig a hole about 18 inches deep (use a post-hole digger if you have one) and alternate layers of kitchen waste and manure or dirt. When the hole is full, plant there and dig another hole.

A third method is to make a bin of woven wire, stacked fence posts or snowfencing. Composting materials are put in the bin as they become available. The bin keeps animals from dragging the material around. Each fall turn the pile and start a new one. The turned pile will be ready to use in the spring.

The fourth method is called sheet-composting. For this method the composting materials are simply spread out in layers. The size of your sheet composting mound will depend on how much organic waste you will be using (don't start too big and end up spreading materials too thin). My compost heap is about 4' x 10' and will handle quite a large amount of material.

The classic layering method was developed by an Englishman, Sir Albert Howard. It is called the Indore method. On the bottom put a five or six inch layer of green stuff. Over that lay a two inch layer of manure topped with rich earth, ground limestone and phosphate rock. These layers may be repeated and built to five feet high, ten feet

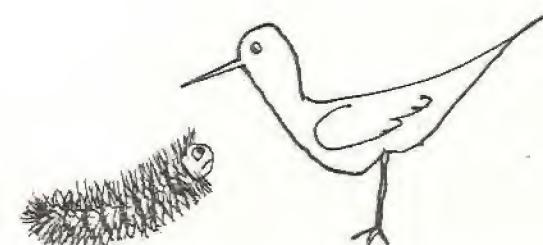
wide, and as long as you wish to go. Instead of manure, sewage sludge or bone meal (usually available at the garden supply store) may be substituted. The Indore formula breaks plants down quickly and is rich in nutrients for the soil. The pile should have a shallow depression in the top to catch water. Pipes or stakes placed vertically in the pile help aeration and increase the rate of decomposition.

What do you compost? Kitchen wastes (not meat or fat), weeds (the seeds are destroyed by the heat of the composting action), lawn clippings, vacuum cleaner bags, ashes, shredded paper, and any kind of animal manure -- anything that was once alive. Separate wet garbage in the kitchen so that all the wets go to the compost pile. Don't be too proud to ask your neighbors for leaves, hedge and grass cuttings, etc. The neighbors may not be using them. If you want to be really humble you can even ask them for their organic kitchen wastes. (If you give them some vegetables now and then, they will respect what you are doing and help you with whatever wastes you may need.)

If you don't shred corn cobs and woody stems they will take years to break down, so you may want to give these to someone with a shredder.

A good mixture of composting materials does not give off an offensive odor. When the earthworms find the pile and move in, you know you're in business, for they speed up the composting action. Use your compost around plants and in seed beds.

Treasure it -- it's black gold.



CHAPTER III



Weeds, Water and Worms

WEEDS

A weed is only a plant that's growing where you don't want it. While you're carefully tending your cherry tomato plants, another gardener is pulling weeds, i.e. cherry tomato plants, out of the lettuce bed where they volunteered. Volunteer plants, or weeds, can be very helpful to the garden. Some reach deep and bring moisture and minerals to shallow rooted plants; their roots help break up hard pan; they provide organic matter for the soil; However, weeds compete with the garden plants for sun and water, so leave only the ones you think will benefit.

Tilling in the spring before the interlopers blossom will stop a lot of them, and mulching will take care of many more by keeping sunlight from the seedlings; the rest will have to be hoed, dug or pulled. (Hand pulling is the only method around shallow rooted plants.) If the weeds have not gone to seed, lay them in the space between rows for mulch. Otherwise, put them in the compost pile, and the heat of composting will destroy the viability of the seed.

WATER

Watering is basic. Any sprinkler system will do, but a soaker hose is an easy way to water row crops. Lay the

hose, holes down, between rows. The water will soak down to the roots. Any system that sprays water into the air will lose some water by evaporation, so keep the water close to the ground if you can, and avoid watering during the warmest part of the day. A lawn flip-flop sprinkler will also do. Water seed beds daily until the seedlings are well established, and new transplants are watered daily for the first week. The amount and frequency of watering will depend on soil conditions, the weather, and the type of plant. A good mulch can compensate for infrequent watering. Remember that the roots absorb water deep in the soil. Dig down in the soil after you've watered to see if the moisture has reached below the first few inches. If it hasn't, try watering longer and slower.

One deep watering a week on an established garden will usually do the trick. Don't depend on a summer rain. It's helpful, but it usually doesn't soak down far enough.

WORMS, SNAKES AND TOADS

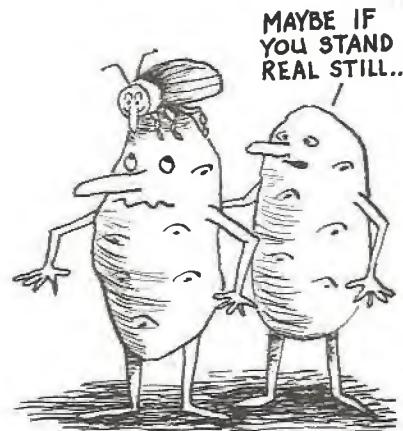
Earth worms are a sign of rich soil. They just turn up in a compost pile. They tunnel around and help the compost by aerating it and by adding their rich castings.

It's funny how values can change when we appreciate nature. You may catch yourself boasting about the many vigorous worms in your garden instead of shuddering about crawly creatures!

And that reminds me that snakes are helpful. The larger ones eat rodents. When we first moved to Oregon I killed every snake I saw in our yard "to protect the children". Pretty soon the yard was riddled with moles and gophers. I still remember vividly a nightmare I had at that time. I dreamed there were so many underground mole and gopher tunnels that our acre size pasture below the cow barn sank into a bottomless pit.

A warty toad will eat lots of bugs. I'm hoping to find one to help protect the garden. As I mentioned earlier, values change as you learn about nature.

CHAPTER IV



Bugs, Furry Creatures and Companion Planting

BUG CONTROL

Many insects and birds are helpful to the garden. There are a few that we'd rather not have around. Unwanted insects can be eliminated by artificial insecticides, but we pay a lot more than money when we use them. When you apply these killers you knock off beneficial bugs and bees. Birds that eat the poisoned bugs absorb some poison, and so it goes, along the food chain. Can you be sure you, your children and your pets won't ingest some of this poison? Avoid problems and try repelling the harmful insects biologically.

Some strong smelling plants such as marigolds, nasturtiums and the onion family repel insects. Plant these around the garden. There are other plants that attract certain insects, and these can be planted in a corner to keep insects away from the garden. Sprays of hot pepper, garlic, soap and even tomato leaves are deterrents for many pests. A low pan set out in the evening and filled with stale beer will attract snails and slugs. A sprinkling of

wood ashes bothers the cutworm. One percent Rotenone is a safe organic pesticide and can be used for dusting when all else fails. When the white cabbage moth is hovering about, I grab the Rotenone shaker.

FURRY CREATURES

For ground squirrels, moles and gophers, keep a cat or dog. Use a Hav-a-Heart trap -- or plant enough of each crop to share with "nature." Planting two or more sections fo susceptible plants like lettuce at opposite ends of the garden may insure the survival of some of the plants. Hanging small bags of dried blood (available at feed stores) around the garden may repel deer and rabbits.

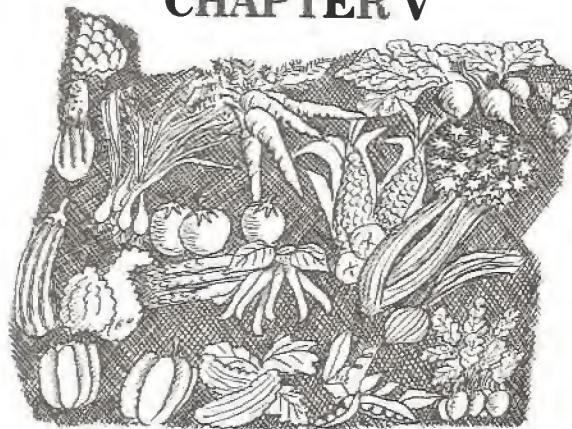
I have a scarecrow, but the only creature he has scared so far is me! I was backing down a row towards him planting peas and bumped into his out-stretched hand!

COMPANION PLANTING

It's true that plants like to be sociable. I heard of a lady who surrounded her canary cage with house plants. The birds and plants communicated and flourished. Plants like some plants and herbs better than others. My favorite reference is *The Organic Gardening and Farming Magazine*, February 1972. I keep it in my seed box carrier to refer to whenever I'm planting. Would you believe that the borage herb and tomatoes like each other? This year my tomatoes have set early, and I attribute it to two borage plants blooming a beautiful sky blue by each tomato. Borage will seed and volunteer all over the garden. Mint and comfrey benefit plants. Potatoes dislike tomatoes and raspberries. Well -- there you are -- even plant life has its hangups!



CHAPTER V



Oregon Vegetables Leaf Crops

Many plants are grown just for their leaves. These are usually tastiest and have the highest vitamin content when eaten raw in salads or sandwiches, but many leaves are tough when they are mature and are preferred cooked. Most of these plants will grow well in partial shade.

LETTUCE

Lettuce is usually eaten raw. From our supermarket conditioning we usually think of head lettuce. Head lettuce is easiest to harvest and ship, but it lacks flavor compared to leafy types like Bibb, Oak Leaf, Black-seeded Simpson and Buttercrunch. The long hours of sunlight in Oregon cause most head lettuce to bolt, or go to seed, so emphasize the leafy types. Lettuce can be sown from March through August, and it's best to plan on sowing several feet every week for a steady supply all summer. A mixture of varieties makes an exciting salad, so buy three or four varieties of seed or a mixed package. If you sow too thickly, use the thinnings in salads. During June and July sow lettuce in a shady spot and the chances of bolting will be reduced.

LIMESTONE LETTUCE WITH SEAFOOD

Limestone lettuce	Fresh cooked shrimp
1 medium tomato, diced	Crab
Arrange a bed of lettuce. Mix the tomato and seafood with a dressing of:	
Herb vinegar	Garlic
Olive oil	Madras curry powder
Spoon the mixture onto the lettuce and garnish with:	
1/4 cup grated parmesean cheese	1 hard-cooked egg, sieved

SPINACH AND OTHER GREENS

Fresh spinach is so tender it cannot be compared to the kind you buy in stores. It's great chopped in salad as well as cooked. If you have surplus, blanch for two minutes, cool rapidly and freeze in plastic bags.

Spinach likes cool weather, so sow it in March or April and again in August. If you have space let it go to seed in summer for a natural fall crop. Spinach fees heavily, so work a lot of compost into the soil before planting.

Mustard greens and swiss chard are greens that can be grown all summer and into the winter without bolting problems.

For the earliest greens, use new parsnip tops from last year's wintered over crop.

Phyllis Rand, of Salem, likes spinach raw and shares her recipe for:

SPINACH SALAD

2 large bunches spinach	2 or 3 pieces fried bacon, crumbled
Green onions	
2 hard cooked eggs, sliced	Parsley or chives
Break up the spinach and toss the above ingredients together. Shake the dressing and pour it over the salad.	

Dressing

1/2 cup oil	1/4 tsp dry mustard
1/4 cup vinegar	1/2 tsp. paprika
1 tsp. salt	1 clove garlic, pressed

Many people grow beets for the roots and throw away the leaves. The tops are an excellent green. There are scores of greens that many people discard. Try turnip and rutabaga tops, broccoli leaves, outer cabbage leaves and tampala. Experiment!

Fruit and Seed Crops

Quite a variety of crops that we call vegetables are technically fruits or seeds.

PEAS AND BEANS

Peas and beans belong to the legume family and have the common trait of enriching the soil by converting nitrogen from the air into a usable form in the soil. Legumes are used as rotation crops and next year you will want to plant corn, cucumbers, spinach and other heavy feeders where you had legumes this year. To be sure the legumes do their nitrogen-conversion job well, coat the seeds with inoculant before planting. The inoculant can be purchased at most garden supply stores and is a powder that contains bacteria necessary to the nitrogen-conversion process.

There are pole and bush varieties of most legumes. The pole varieties produce more abundantly but must be trellised. If your space is limited, trellis them on a fence. The bush varieties don't require trellising, but do better if the vines are given some support.

Peas like cool weather and can be planted from early February through late March. They'll stop producing in July, so plant the early peas in a spot where later you will put a fall crop of some other vegetable. A second planting of peas can be made in July in a semi-shady spot for fall harvest. (Once your children discover the young peas, you may not be able to get many to the table.) Harvest peas when you can feel the peas in the pod. For a special treat

try snow peas. This type has edible pods that are used in Chinese cooking. Saute them one minute in oil and serve, or try this elegant but simple dish that Kay Grasing of Salem likes to serve.

PEA POD PIPER

2 Tbs. butter	2 cups snow peas
1/4 cup slivered almonds	1/2 tsp. salt
1/2 cup thinly sliced mushrooms	1/3 cup chicken broth

Melt the butter in a frying pan over medium heat. Saute the almonds until golden and remove with a slotted spoon. Saute the mushrooms until golden and remove. Carefully add the snow peas, salt and broth. Stir occasionally and cook until the juices have evaporated. Add the mushrooms and almonds, mix and heat for about one more minute. Serve immediately.

Most people grow beans for use as snap beans, that is, the seeds are immature and the pods are cooked. If, however, you have some surplus, let the beans mature and dry on the vine. Shell the beans and store in airtight jars for use all winter. Sometimes in a wet fall, I pull the whole bean plant and allow it to dry in the garage hanging from a handy hook or nail. The shelling can be done anytime.

Most beans should be planted from early May through late June, but the fava and garbanzo are cold-hardy and can be planted as early as February. Soy beans, the high protein wonder, can be grown here but the results are not predictable. They are not cold hardy and should not be planted until May unless started inside. Some years they may not mature before the fall rains start. Plant snap beans in two week intervals and you'll have a continuing harvest. A pressure canner is essential for canning beans, so if you don't have one, freeze your surplus snap beans.

When you select your pea and bean seeds, think ahead to how you will keep your surplus by drying, freezing or canning. There are different varieties that were bred for specific methods of keeping.

Frank Isidoro is a wonderful friend whose father came from Portugal. Frank calls fava beans "Portugese Beans". If he hadn't given me this seed I'd never have discovered how good fava beans are. When we visited Portugal a year ago we noticed every yard had a planting of beans nearby.

FRANK ISIDORO'S FAVA BEAN SOUP

2-3 cups mature beans, shelled	1 dry picante pepper
1 or 2 hamhocks	Salt to taste
1 or 2 dry chile peppers, red	

Cover these with water, bring to a boil and simmer until the beans are soft. This makes a marvelous one-dish meal with sourdough bread.

SQUASHES

There are summer and winter squash. Common varieties of summer squash are zucchini, yellow squash and patty pans. The winter types; pumpkin, hubbard, acorn, etc., have a thick skin and aren't harvested until the skin is not easily scratched with a thumbnail. These can be wiped with oil and put on a shelf in a cool place where it doesn't freeze, and they will keep until spring. Butternut is a tender skinned winter squash and needs more care in storage, but it is delicious, so do try it.

Don't get carried away planting summer squash as they are prolific and have a long season. Winter squash keep so well, that you'll want to allow more space for them.

Summer squash is delicious when small and tender. It doesn't keep well and should be used soon after harvest. The large ones you find in stores keep better, but they are usually pithy and are best fed to chickens and goats or used for jack-o-lanterns. Don't peel summer squash. It can be sliced thin for salads, stir fried, or stuffed and baked. If you like zucchini bread all winter, cut the zucchini lengthwise, blanch for 2 minutes, cool, grate and package in 2-cup amounts for freezing. Because summer squash has a

bland flavor, it mixes well with other vegetables. When freezing the surplus you're bound to have, try packaging it in a mixture with other vegetables like carrots, snapbeans, cauliflower, peppers and onions. Cut the pieces of each kind of vegetable so the cooking time will be the same, but blanch each vegetable separately.

The easiest way to cook winter squash is to cut the squash in half, remove the seeds, bake at 350 degrees until tender, and then serve to scrape the pulp from the skin. If you wnt to save the seeds for planting, dry and store in airtight jars. To roast for eating, spread the seeds and strings on a cookie sheet, sprinkle with seasoned salt and put in the oven when you bake the squash. The strings will disappear in the baking (and so will the seeds, even before cool!).

The first squash blossoms are usually male and consequently don't set fruit. Many people cook these blossoms by dipping in batter and frying or by stuffing like cabbage leaves.

Mary Potter of Portland suggests a way to jazz up the tons of zucchini you can't give away in late summer. If you have a variety of summer squashes, use one of each kind for a colorful and delicious dish. Try serving this with bowls of brown rice and broiled salmon.

ZUCCHINI ORIENTAL

Heat a frying pan or wok. Put in a tablespoon of peanut oil. When the oil is hot, add thin slices of white onion. Add thin strips of zucchini. Then add strips of green pepper, sliced fresh mushrooms and bean sprouts. Stir fry these, add soy sauce to taste and sprinkle with toasted sesame seeds.

Helen Linde of Eugene gave me this recipe for frittata. All you need to complete the meal is some whole grain muffings. The recipe calls for zucchini, but any green vegetable such as snap beans or spinach can be used.

ZUCCHINI FRITTATA

3 Tbs. olive oil 1 large tomato, peeled and diced
 1 medium onion salt and pepper to taste
 1 clove of garlic 1 tsp! herbs (parsley, sweet marjoram,
 5 small zucchini thyme, sweet basil or summer savory)
 9 eggs 2 Tbs. grated parmesian cheese

Heat the oil in a skillet and cook the minced onion and garlic until golden brown. Add thin slices of zucchini. Add the tomato and seasonings. Cover and cook until the zucchini is tender. Remove from heat. Beat eggs lightly, add cheese, and mix with the cooled vegetables. Pour this mixture back into the skillet, cover and cook over low heat. Occasionally pull the sides from the pan, and cook until the frittata is solid. Brown lightly in the broiler, cut in wedges and serve immediately.

This is a moist cake that keeps well, if you can keep it. Sandy Blaha says it's been a hit with Cub Scouts in Dallas.

PUMPKIN-APPLE SPICE CAKE

1 cup oil	1/2 cup soy flour
1 1/2 cups honey	1/2 tsp. salt
3 eggs	1/2 tsp. baking powder
1 cup applesauce	1 tsp. soda
1 cup pureed pumpkin or other winter squash	1 tsp. cinnamon
1 1/2 cups unbleached flour	1/2 tsp. cloves
1 cup whole wheat flour	1/2 tsp. nutmeg
	3/4 cup chopped nuts

Cream oil and honey together. Add the eggs one at a time, beating well after each addition. Stir in applesauce and pumpkin. In a separate bowl stir together the flours, leavenings and spices. Add this to the first mixture. Add the nuts. Mix and pour into a greased 9" x 12" pan. Bake at 350 degrees for about one hour. Cool for 15 minutes and then glaze.

Glaze

In a double boiler melt and blend:
 1/4 cup butter 1/4 cup honey 1 Tbs. orange juice

BAKED WINTER SQUASH

Cut the squash in half and remove seeds. Brush the squash with butter or bacon fat and then with molasses or honey. Sprinkle with garlic salt, bake on a cookie sheet, cut side up, at 350 degrees for about 40 minutes or until fork tender.

TOMATOES, PEPPERS AND EGGPLANTS

You can start tomato seeds indoors in February, but most people buy their plants later. There are many varieties of tomatoes, and you will probably want to get two or three different kinds. The patio type was developed for container planting. Cherry tomatoes can also be grown in containers or up a wire fence. They are usually ripe before standard size tomatoes and have more Vitamin C. There are types of tomatoes that are bred specifically for paste. Standard red slicing tomatoes have different maturity dates, and for Oregon the early types are best and will bear until the end of summer. There are also orange tomatoes which are low in acid and are excellent for indoor ripening in the fall.

Wait until late May to set your plants out, and if they aren't overflowing their containers you can wait longer.

Every few years we have what is called, "the year of the green tomato". If the nights are cold in early summer, the blossoms won't set, and there are lots of flowers and no tomatoes. When the tomatoes finally start setting, the season is well under way, and there are loads of green tomatoes on the vines when fall frosts are threatening.

Green tomatoes are mature when they are shiny. They can be sliced, dipped in batter, and fried; used in place of

apples in apple pie; or put up as pickles. When frosts threaten, start harvesting green tomatoes for indoor ripening.

To ripen indoors, wrap each tomato in a piece of newspaper and place it in a box in a cool place where there's no danger of freezing. Take out a few at a time and put them at room temperature, away from heat. They'll be ripe in a few days. Check the wrapped tomatoes every two weeks or so, and put the moldy ones in the compost. You can keep tomatoes this way almost until Christmas. Although their vitamin content is less than vine ripened tomatoes, they are superior to the mass-produced green tomatoes that are given a chemical treatment to turn red. Tomato plants may also be pulled whole and hung somewhere when threatened by early frost.

Canning tomatoes and paste is easy. Tomatoes are acid enough to make the hot water bath method safe. If your variety is a low-acid one, the extension service suggests you add a teaspoon of lemon juice to each jar.

GREEK SALAD

Toss equal amounts of tomatoes, chopped green onions, and Greek olives with oil and vinegar dressing. Place on lettuce leaves and sprinkle with grated, strong white cheese such as feta.

Peppers grow like tomatoes although they are more susceptible to cold and like richer soil. Pick them green, or, if they set early enough, let them turn red for more Vitamin C. Pepper plants are nicely shaped and are an attractive addition to a flower bed. If you have some surplus, cut them in slices and freeze in plastic bags. These are always welcome garnishes in casseroles and on pizza.

Hedy Parker, whose cooking has been enjoyed by many people in Salem and also by President Kennedy, likes to serve green peppers stuffed. Here is her recipe.

HEDY PARKER'S STUFFED PEPPERS

6 medium peppers	2 small cans of tomato sauce
1 lb. ground beef	salt and pepper to taste
1/2 cup rice, cooked	garlic, minced
1 medium onion, chopped	Italian seasoning

Carefully cut off the stem end of the peppers and remove the seeds. Mix the meat, cooked rice, onion, garlic and seasonings. Stuff the peppers with this mixture and put the tops back on the peppers. Stand the peppers up, close together, in a deep pan; bake at 400 degrees uncovered, for 30 minutes. Put tomato sauce over the peppers and simmer for 30 minutes on top of the stove. These taste good each time the surplus is reheated, too.

Eggplants are beautiful. They are grown like tomatoes and peppers. The fruit is ready to pick when the skin has a high gloss. Eggplant doesn't keep long and most people like to freeze it.

Fry slices of eggplant dipped in whole wheat flour or a light egg batter.

CORN

Corn that is picked when the cooking water is boiling tastes best. The sugar starts turning to starch as soon as it's picked, so wait until the last minute to harvest it. This freshness is the main reason for growing your own corn. If your space is limited, corn is a luxury, for it feeds heavily and should not be grown in the same spot each year. The amount produced per square foot is small compared to other crops.

Plant corn in hills or in rows. Several short rows in a block form are better than one long row for cross-pollination. Dig lots of rotted manure or compost into the soil. The Indian method was to plant a fish in each hill; I've put out Fish Head Chowder bones and it works! Plant a mixture of early varieties or one variety every two weeks from early May to mid-June.

Corn loses flavor if it's overcooked. Steam it or cook it in boiling water for three or four minutes, then remove it from the water immediately. Surplus corn can be frozen on or off the cob. If you have access to a mill, try drying mature corn and having it ground into corn meal.

We bought some fresh-ground coarse corn meal at the Brooks Steam-up last summer. With it I made the best cornbread ever. It proved to me that fresh-ground grains really do taste better.

CUCUMBERS

Grow cucumbers next to the corn. The leaves of the cucumbers keep the moisture in the soil under the corn, and shade from the corn is beneficial to the cucumbers. Place lots of compost around the cucumber plants.

There are two main types of cucumbers. The smaller spiny ones are for pickling, and the larger smooth ones are for salads. Cucumbers need regular watering or they become bitter.

Peggy Baldwin of Dallas shared her favorite pickle recipe. These are sweet pickles that can be made one jar at a time. Small gardens don't usually produce enough cucumbers at one time to make a large batch of pickles. If the cucumbers are not fresh when pickled, the pickles will be mushy and mushy pickles aren't fun.

PEGGY'S PICKLES

Wash small cucumbers and use whole and unpeeled, or use larger ones and slice cross-wise in $\frac{1}{2}$ " slices. Fill a quart jar with cucumbers. Add $\frac{1}{2}$ tsp. alum and 1 tsp. pickling salt. (2 small red peppers can be added.) Cover with cold vinegar and seal. Let the pickles stand for at least 3 weeks. You can wait until your other canning is done and make the syrup in one large batch.

Syrup

$\frac{3}{4}$ cup water	1 heaping tsp. pickling spice,
2 cups sugar	mustard seed or dill

Mix the above for each quart of pickles. Heat to boiling. Drain the vinegar out of the jars, fill with hot syrup and seal with new lids. (We got this recipe before the lid shortage. Hang on. There'll be more lids someday!)

CHINESE CUCUMBER SALAD

Cucumbers, peeled and sliced very thin
Celery, sliced thin
Onion, chopped

Put these in a colander and pour hot water over them. Add a tiny bit of fresh, chopped ginger. Serve cold.

The Cabbage Family

Most of the cabbage family (cabbage, cauliflower, broccoli, Brussels sprouts and kale) can be set out in the spring for summer crops, but they prefer cool weather and don't have as many insect enemies in late summer, so I start them from seed in May for summer and for fall and winter in July or early August. These plants are an important part of the winter garden, and their freshness and vitamins perk up the winter diet.

Dig compost generously into the cabbage patch before planting, and give the cabbage family an application of manure tea right after planting and every two weeks after that. Put a ring of wood ashes around each plant to discourage creeping enemies, and at the first sign of the white cabbage moth, dust dampened plants with 1 percent Rotenone.

CABBAGE

When the cabbage is a firm, mature head either harvest by cutting above the large base leaves or give the whole plant a twist so the hair roots are loosened, but leave the plant in the earth. The second method will hold the head from

splitting until you are ready to harvest. The first method insures smaller cabbages on the original root. When frosts start, lift the whole plant, roots and all, and store upside down in loose straw for root-cellaring. Another favorite method of keeping cabbage is by brining as sauerkraut in a large crock or in jars.

We enjoy chopped cabbage salad, seasoned with dill and vinegar and mayonaise or yogurt, but when there's lots of help in the kitchen I like to fix cabbage rolls. Cabbage leaves are not the only thing that can be rolled. Tender grape leaves are an early summer treat, and squash blossoms can also be stuffed and rolled.

The trick in rolling cabbage leaves is threefold. One: trim the spine on the back of each leaf and eat it to ward off hunger pangs. Two: steam or boil the leaves individually until they are limp. Three: place one spoonful of stuffing in the center of the leaf (the size of the leaf determines the amount of stuffing), fold the stem end over first, fold the sides over, and then fold up the end. Place this side down on the pan. You can hold them together with toothpicks, but this can be dangerous. If you don't put in too much stuffing they should hold together well.

There are many variations to stuffings, including leftover Spanish rice, but this one sent by Sally Sundsten of Eugene is a good way to use odds and ends of vegetables.

CABBAGE ROLL STUFFING

Mix together:

2 cups of brown rice, cooked

1 to 2 cups of assorted vegetables (carrots, celery, mushrooms, onion, green pepper, etc.), finely chopped

Soy sauce to taste - not more than a tablespoon

This will stuff one medium head of cabbage. Place rolls in 9 x 11 baking pans. Top with 2 cups of grated cheese (cheddar is great!) and pour one cup of tomato puree mixed with 1/2 cup of water all over it.

Baked covered at 375 degrees for 20-30 minutes.

This is very colorful and is delicious with simple whole grain muffins and a fruit salad. If there are left-overs, freeze them. For all sorts of status at potlucks, this dish even beats out fried chicken. It holds well in a warm oven.

Last fall I had a bumper crop of cabbage. After giving away or eating at least 70 cabbages, Bob and I harvested 54 beautiful heads. We stored them in loose hay in the barn. As they age they may become a little whiter but they taste just as good in March as in October!

BOB'S FAVORITE COLD WEATHER SUPPER

1 large apple, cored and sliced thick

1/2 medium head of cabbage

1/2 lb. good large smoked sausage links

dill seed and butter

Cut the cabbage into wedges and steam until moderately tender. Melt 1/4 cup of butter and add dill to it. Pour the dilled butter over the cabbage when serving. Gently brown the sausage after steaming five minutes. Fry the apple slices with the sausage. Serve each plate with a wedge of cabbage, a slice of apple and sausage.

CAULIFLOWER

If the cauliflower blossoms start while the weather is warm, tie some of the larger leaves together above the flower to shade it. Harvest the cauliflower when it is filled out but before it turns grainy. Cauliflower flowerets are good served raw with cottage cheese dip, or stick a few in a bean salad. To keep, freeze the flowerets in plastic bags.

BROCCOLI AND BRUSSELS SPROUTS

These members of the cabbage family produce long after frosts have hit the garden. Mulch heavily around the base, and the plants will often start producing again in early spring. The best method of storing the surplus is freezing.

Imagine children loving broccoli! Ours do, and so do the

grandchildren. I steam it just enough to be crunchy-tender and serve it with home-made mayonnaise. Brussels sprouts are good this way, too. Lana, our oldest grandchild, can never get enough of them.

KALE

Kale is a good cool-weather crop and grows like the rest of the cabbage family. It will produce for you all winter and it is rich in calcium and iron. The soil should have some limestone mixed in and contain much humus. Harvest by breaking lower leaves off as needed.

Most of our kale goes to the hens. Kale and cabbage help keep the egg-shells strong and increase the iron in the yolks. I give the hens an armload of kale or extra-large cabbage leaves at regular intervals. With a flock of 30 hens I have no problem disposing of extra garden gleanings.

This is my favorite way to serve kale. Any green could be used in place of kale.

KALE WITH SOUR CREAM

Cut one bunch of kale into $\frac{1}{2}$ " shreds. Cook over moderate heat in a small amount of water, turning until the kale is almost wilted. Reduce the heat to simmer, cover and cook 4 to 6 minutes. Add $\frac{1}{2}$ tsp. salt. Put the kale in a serving dish and heat $\frac{1}{2}$ to 1 cup of sour cream or yogurt and a dash of salt. When heated, pour it over the greens.

Root Crops

These plants are grown primarily for their fleshy roots or tubers. With the exception of radishes and potatoes they can be left in the ground in winter if the soil drains well and you cover them with a heavy mulch.

RADISHES

Radishes are fun because they grow so fast. They give hope when you are sure you can't grow a thing or when you're convinced spring will never come. They're

especially good for children's gardens. They sprout in about a week and there's something to eat very soon. I use radishes as row markers, mixing a few seeds with slow-sprouting seeds like carrots, parsley and onions. The radishes are mature and out of the ground before the other plants are very large.

If you sow the radishes too thickly, use the thinnings, roots and leaves, in salads. They give a bite to a salad like water cress! They get pithy if left in the ground too long, so sow the seeds often for a continuous supply.

CARROTS

Choose carrot seed for your type of soil. If you have deep loamy soil you can grow the long carrots, but if the soil is rocky or heavy choose short, stout carrot varieties. If the soil is very heavy, try mixing some sand into the carrot bed. Plant early in April to get some for summer, and plant again in June and early July for winter holding.

If you cannot leave the carrots in the ground in winter, remove the tops from your fall harvest and bury the roots in a box of sand in a cool, dry place for winter use.

Many people like young carrot tops as a seasoning. Unfortunately, deer are also fond of carrots. If these beautiful creatures wipe out the carrot tops, don't despair - usually new leaves will grow.

Carrots have a natural sweetness that is brought out when they are grated. Grated, raw carrots make a nice salad when mixed with raisins and mayonnaise, and they add color and flavor when mixed with cole slaw.

If you can't stand cooked carrots try this recipe our daughter Janie gave me:

JANE'S COOKED CARROTS

Scrub and trim carrots. Slice any way you like. Saute in butter with some nutmeg and cardamon.

JERUSALEM ARTICHOKEs

Jerusalem artichokes are having a comeback in popularity, and they occasionally show up in the supermarkets as sun-chokes. They are not the artichokes which are in the thistle family and are eaten one leaf at a time, but they are in the sunflower family, and you eat the tubers. They are a good substitute for potatoes with several advantages. They grow better here than potatoes, are quite tasty raw, are very low in calories, and they are left in the ground all winter and dug as needed. They don't keep well out of the ground, so plant them where you can get to them in winter. Don't start harvesting until after the first frost.

Planting is simple. Stick sprouted tubers in the ground and stand back! The plants grow tall, so you will probably want to put them on the northern end of the garden. Weeds don't seem to bother them, so forget them until winter.

I like to serve Jerusalem artichokes raw. They can be sliced and served as appetizers or put in salads. Cooked, they taste a little like potatoes and are a good addition to soups.

I accidentally made up this recipe last March when there was no fresh lettuce in the house. Bob loved it so much that I wrote it down for future use.

SPROUT SALAD

$\frac{1}{2}$ cup cottage cheese
 $\frac{1}{4}$ - $\frac{1}{2}$ cup grated Jerusalem artichokes
 $\frac{1}{2}$ cup alfalfa sprouts

Fork together with homemade oil, vinegar and garlic dressing.

Gail Jacobson of Salem experimented and found a way to freeze Jerusalem artichokes. Steam the tubers until the skins can be removed (about 2 min.). Cool them in ice water, dry on towels and remove the skins. Freeze in plastic bags whole or cut up.

PARSNIPS

Parsnips can be left in the ground all winter; in fact, they have a much better taste after they've been frozen. The leaves start growing again in early spring and are used as greens. Parsnips should be planted in April or May as they are slow to sprout and mature. Soak the seed overnight before planting to speed up the sprouting.

FRIED PARSNIPS

Cut parsnips like french-fries. Saute in oil and garlic slowly. If you have pan-drippings from a roast it will add good flavor. These also can be baked on a cookie sheet in the oven.

Willa Huston of Lebanon sent this salad recipe. She says everyone enjoys the salad, but no one can guess that there are parsnips in it.

MYSTERY SALAD

2 cups grated raw parsnips	1 cup olives, pitted black or
1 cup celery, finely chopped	stuffed green

Mix these together with lemon juice and mayonnaise. You can also add crab, shrimp and grated onion.

BEETS

Beets can be grown early or late for a summer or fall crop, so plant them from early April to late July. Beets will have to be thinned. Use the thinnings for salads when small and tender or cook like spinach when they're larger. When the beets are mature, the roots are cooked or pickled, and the tops are cooked like spinach. Freezing is a good way to hold the tops, and the bottoms can be left in the ground or root-cellared.

Mary Katherine Swearingen, who cooks all the good things at the Tumalo Emporium near Bend, gave me this recipe:

CARDINAL SALAD

2 cups drained shoestring beets sliced radishes	2 cups diced raw celery
2½ cups water and beet juice	½ cup grated cucumber
1 tsp. salt	½ cup vinegar
2 tsp. horseradish powder or 2 Tbs. prepared horseradish	1 Tbs. grated onion
	2 packages lemon gelatin

Heat water and beet juice to boiling. Stir in the gelatin, salt and horseradish powder until dissolved. Cool until syrupy and then add the vinegar, vegetables and prepared horseradish. Pour into a quart mold and chill until firm. Serve with the following dressing:

Sour Cream Dressing

½ cup dairy sour cream	1 tsp. grated onion
½ tsp. dill weed	2 Tbs. finely chopped
½ tsp. salt	green pepper

Mix an hour or so before using so the flavors can blend.

Maria Hale of Eugene makes this colorful salad that is good to make a little ahead of mealtime.

MARIA'S POLISH SALAD

Steam equal amounts of young beets and carrots separately until fork tender. Cool. Rub off the skins and slice or cube. Add chopped dill pickles. Mix homemade mayonnaise and/or yogurt into the vegetables. Chill. Sprinkle with fresh chopped dill.

TURNIPS AND RUTABAGAS

Turnips and rutabagas grow similarly. They like cool weather and are a good crop to follow early peas or spinach as they are planted in July for the winter garden. If you're optimistic, the extension service suggests planting turnips until September 10. If the roots don't develop, the tops are good cooked or raw. A sprinkle of woodash in the row before planting the seeds helps prevent buggy roots.

POTATOES

Potatoes are recommended only if you have ample space. The roots must be kept cool, so a heavy mulch is good. It's best to start with seed potatoes, but if you have some that are sprouting in the pantry, use them. Plant them whole or cut the seed potatoes so you have pieces with one or more eyes. Plant the pieces about four inches deep and eighteen inches apart, water well and cover with about six inches of straw or other mulch. This is done in April or May, and you can forget them the rest of the summer. I have read of potatoes being grown between slabs of straw on a concrete driveway and in a pile of leaves, and some of my healthiest potato plants have volunteered in the compost pile!

Keep the roots and young potatoes covered with soil or mulch so the potatoes don't get a green skin. The green skin contains a toxic substance. Harvesting potatoes is fun. Be sure to do it before fall rains start. Dig carefully. Our grandchildren love to search for the potatoes as each forkful of earth is uncovered. It save my back, too! It's like finding gold. Be sure to store potatoes in the dark as light turns them green. Also, don't store potatoes near apples. Apples give off a gas that hastens ripening.

Permanent Plantings

You will want to keep one section of your garden for those plants that are perennial, that is, they don't have to be reseeded each year. Keep them all together so that when you bring in a tractor or rototiller you can till the rest of the garden easily and don't have to maneuver around this and that.

ASPARAGUS

Asparagus is a heavy-feeder and takes some patience and about 20 square feet for the average family; more if

you want some to freeze. Buy the two year or older roots in early spring, but don't count on much of a harvest for two more years. Once you taste that first harvest of fresh, fresh asparagus, you'll know it was worth the waiting. Pick it early in the day for tenderness. A well-fed asparagus bed will produce for at least 20 years.

A light, well drained soil is essential, so if you have clay, work in some sand. For two year old roots dig trenches about a foot wide, 13 inches deep and 3 feet apart. Put in 3 inches of well-rooted manure, and place each plant 18 inches apart. Spread out the roots and be sure the crown is up. Cover with 2 to 3 inches of soil. As the ferny shoots come up keep adding soil until they reach ground level and then let them go. Harvest only shoots that are as big around as your thumb and less than 10 inches high. Break them near ground level. In the fall, mulch with a layer of compost, leaves or hay. Don't cut the tops back; let them die naturally. Weeding should be done by hand. In the spring many tiny asparagus plants will sprout from the seeded fern you left in the winter. Use these as fill-ins and / or give them to friends. Eventually they, too, will produce well.

Our favorite way to enjoy asparagus? We love them chopped raw in salads. They taste like peas. Or, I steam them only until barely tender, cool a little and serve with homemade mayonnaise.

RHUBARB AND HORSERADISH

These plants grow very well in Oregon. In fact, they grow so well that you should give them lots of space to spread.

Rhubarb is usually planted from crowns of established plants -- check your neighbors for these or purchase them. Rhubarb needs a lot of compost every year and thrives in partial shade. The first year don't take any cuttings, but cut any seeds stalks before they mature. The second spring take only the stalks that are at least 12 inches long

and 1 inch thick. Cut the leaves off immediately, and put them in the compost pile. Don't feed them to any animals; the concentration of oxalic acid in the leaves is poisonous. Rhubarb is best steamed, canned or frozen, baked in pies and cobblers, or used for marmalade or wine.

A friend of ours from England told me the best way to cook rhubarb.

SALLY MARVIN'S RHUBARB

Trim and cut the rhubarb into 1-2 inch chunks. Place in top of a double boiler with no water in the top (water in the bottom of course). Steam until cooked. Add sweetening after cooling. This method is excellent. The rhubarb provides its own juices and doesn't lose its shape.

Horseradish needs rich soil. The root grows all summer and is best when harvested after frost or in early spring. The tops can be replanted for a new crop.

Our neighbors, Mary and Phil Kerber, share plants and housewatching with us. They also have the best old cider press going, and we make many gallons of cider with it each year.

PHIL'S HORSERADISH

Scrub the roots and grind in a meat grinder or cut into small chunks and grind in the blender. Add vinegar, salt, sugar and maybe cream, to taste. Freeze in air-tight jars.

HERBS

Most herbs can be grown in Oregon gardens. The variety of herbs and their uses in cooking, medicine, and personal hygiene are overwhelming and deserve a book of their own.

Most strong herbs benefit other plants by repelling insects, so you may want to scatter them around the garden rather than keeping them in a separate bed. Some herbs, such as chives, tarragon, thyme and rosemary will be

perennial in your garden, others like dill, parsley and mint will be grown in summer and dried for winter use, and still others, basil, oregano and marjoram, are used in small quantities and can be grown in clay pots that are set in the garden in summer and hung in the kitchen in winter.

Another "herb" we grow is the bay tree. It does well in Oregon. A sprig of leaves adds flavor to a gift for a friend.

ONIONS, LEEKS AND GARLIC

These plants can be grown in flower beds and repel aphids. Garlic plants grow tall and have beautiful flowers, so they are quite an addition to the ornamental garden.

Scallions and leeks can be grown from seeds, but onions and garlic do best grown from sets and cloves.

Break the flower stems of the onion and garlic plants. When the leaves dry, the plants are ready to pull. You will want to lift a winter supply of onions and garlic each fall and leave the rest in the ground. Dry the lifted onions and garlic out of the sun. Rub the dirt off the dry roots, and before the tops are stiff have a braiding party. Two foot lengths of braided garlic or onions are beautiful to hang in the kitchen or to give to friends. Garlic can be stored in a cold, dry place, but the onions shouldn't be allowed to freeze.

Did you know how good garlic is for your health? It can cure or prevent colds if enough is used. The only trouble is that it repels friends, so beware!

Leeks, like other members of the onion family, need rich soil -- the blacker the earth, the better. The seeds are fine and need well-worked, smooth rows. Plant thinly, and then thin again to 4 inches apart. Use leeks before the flower stem starts to grow. Once they have beaten you to the draw and flowered -- enjoy! The flowers are lovely, large balls. The plants will reseed from the tops or divide from the bottom. Once you have them started, you're in the business. Use leeks raw like green onions, sauteed in oil or butter or added to soups and stews.

After two years in England during the war, Bob came home with a desire for creamed leeks. I finally got them growing successfully, and then I found this recipe after a few terrible mistakes.

HERE ARE YOUR CREAMED LEEKS, DEAR

Steam leeks (trimmed to about 6-8 inches) until almost tender. Make a basic cream sauce. (Melt ½ cup butter and add whole wheat flour to make it thicken. Thin with fresh milk until medium thick.) Place leeks in a casserole dish, and pour the cream sauce over them. Add ½ cup cheddar cheese in thin slabs. Bake at 300 degrees for 10-15 minutes or until the leeks are truly tender.

My favorite use of leeks is in a recipe I call --

MOM'S CHICKEN STEW

1 or 2 fryers	½ cup barley, brown rice, or noodles
2 or 3 cups tomatoes, fresh or canned	8 or 10 home-grown carrots, trimmed and chopped
1 head garlic (a bulb with all the cloves)	6 medium leeks
2 bay leaves	½ cup mushrooms, halved

Simmer chicken until tender in tomatoes and water with garlic and bay leaves. Lift chicken to a platter. Remove all the meat and return the bones to the broth. Simmer for 20 more minutes and remove bones. Add barley and simmer for 15 minutes. Add the carrots. Sautee the leeks (trimmed and split in half) with mushrooms in butter for 3 or 4 minutes. Add these to the broth 10 minutes before serving. Add chicken pieces for the last 5 minutes of cooking.

With some homemade bread this is a meal!

N.B. For an extra touch, at the last minute poach one egg for each eater in the soup pot, and serve them individually in pretty bowls.

Sprouts

Sprouts is one crop I grow without any soil. Many seeds such as alfalfa and a variety of beans can be sprouted in your kitchen. Use them fresh in salads, sandwiches and casseroles. Sprouts have high mineral value, their vitamin content is higher than the seeds in their dormant state and they are low in calories. The technique of growing sprouts is simple: Soak a teaspoon of fine seed or $\frac{1}{4}$ cup of beans (seeds) overnight in lukewarm water in a quart jar. Cover the jar with a piece of cheesecloth held in place with a rubber band. Drain the water off in the morning. Twice a day rinse the beans and save the nutritious rinse water for soups or for watering houseplants. When the sprouts are 4 to 5 times as long as the seed, they are ready to use. Store excess sprouts in the refrigerator. If you get carried away and grow more sprouts than you can use in 4 or 5 days, freeze them in a plastic bag and use in casseroles or as a garnish on pizza.

CAUTION: Be sure the seeds you use have not been treated with a preservative or pesticide.

I like to chop sprouts, especially the larger types like mung and soy beans, and sauté them in oil to serve with mushrooms and liver or to add to omlettes.

PAT'S DELICATE EGGS

- 3 green onions or small leeks, chopped
- 2/3 cup soy sprouts, chopped
- 4 or 5 oysters
- 4 eggs, beaten
- Sea salt and pepper

Fry the onions, add sprouts and fry lightly. Push these to the side of the pan, and fry the oysters, remove and cut into chunks. Cook the eggs a bit and lift the onions, sprouts and oysters onto the eggs. Fold the egg mixture over once. Cook only until soft. Voila!

CHAPTER VI



Fall and Winter Gardening

Now here's the secret many Oregon gardeners don't know. The tastiest, most exciting vegetables come from the fall and winter garden when produce prices rise and many gardens have been abandoned. The trick here is planning.

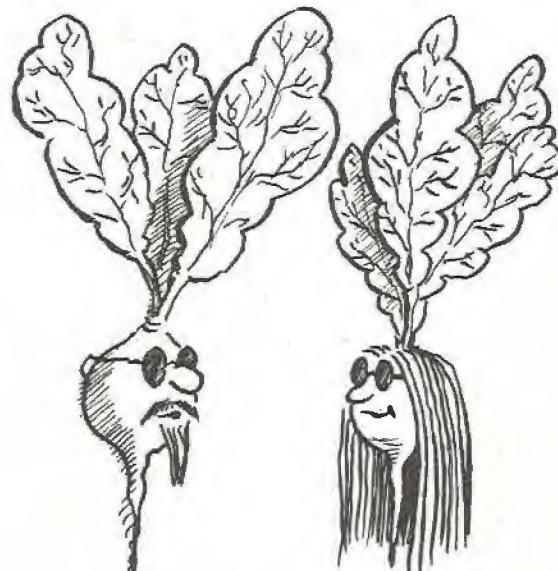
It's best to put this garden next to a path that doesn't get muddy in winter and in a spot that doesn't flood. If space is a problem, area the you used for peas and early lettuce will be through producing and you can plant here.

In late June to mid-July start seeds of your favorite winter vegetables. My list always includes beets, parsnips, carrots, cabbage, broccoli, Brussels sprouts, turnips, rutabagas, swiss chard, kale and many more.

The root crops must be started where they will grow, but the cabbage family plants can be started in a special seed bed or flat and transplanted later. These midsummer starts need plenty of moisture and mulch to baby them along, but the results are well worth it.

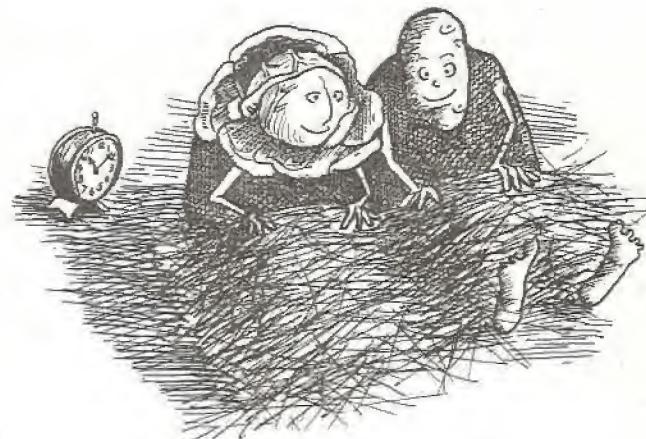
When the ground starts holding frost, cover the carrots, beets and other root vegetables with bales of straw or

newspapers. It's easy to tilt the bales and dig the roots in the hardest of winters. The cabbage family can withstand a lot of cold. It's best to store the larger cabbage heads in loose hay in a dry place. Broccoli and Brussels sprouts often start producing again in spring. Chard can survive most winters and parsnip greens will be welcomed in late winter. Be sure to mulch these winter vegetables well.



BEAT BEETS

CHAPTER VII



Keeping the Surplus

Although canning is the most common method of home preservation, jar and lid shortages started many Oregonians searching for alternate methods. Some of these methods are also more nutritious, easier and cheaper. The alternatives include freezing, drying, brining and root-cellaring. You will probably want to do a little of each method of preservation -- how much of each will depend on your crops, your facilities and your space. I won't go into these processes in detail because so many good books have already been written on this subject. I've listed my favorites in the section called Useful Publications.

If you have a standard all-purpose cookbook, it will give you lots of ideas, but if it was printed more than two or three years ago check the canning time tables, because safer methods have been developed recently.

CANNING

Use a pressure canner for all vegetables except tomatoes and pickles. The water bath method is safe for these because of their high acidity, but the temperature

cannot get high enough to eliminate the harmful bacteria that can grow in other vegetables. One jar of improperly canned snap beans could wipe out a family. If you don't use a pressure canner, choose an alternate method of preservation or put the surplus in the compost.

FREEZING

Most home economists recommend that all vegetables except green peppers be blanched or steamed before freezing so that the enzyme activity is retarded. Be sure the vegetables are chilled and dried before freezing and soak as little as possible. Some people don't blanch their vegetables before freezing and say the color, taste and texture keep well. Because safety is not a problem in freezing, you might want to experiment on vegetables you keep for several months and see if you think the blanching makes a difference. Package vegetables for freezing in containers that are air-tight and in quantities for one meal.

I save plastic bags, milk cartons, cottage cheese boxes, and graduated peanut butter jars for freezer containers. Saves money!

DRYING

Drying is coming into its own again with energy shortages and difficulties in obtaining canning and freezing supplies. Many beans and peas can be dried on the vine in your garden or hung indoors in a warm spot. Herbs may be tied in a shaded airy spot; onions and garlic can be bunched or braided. Tomato paste and fruits can be dried with some simple equipment. . . a tray, some sun, and a cheese cloth cover.

ROOT-CELLARING

This is an old method and does not require a root cellar, although if you're lucky enough to have one, fill it up with food instead of bicycles and lawn furniture. Root-cellaring is simply keeping vegetables fresh for several months by

maintaining a low, dry, but not freezing temperature. This can be done with a pile of straw, a box of sand or a bushel of leaves which is kept in a barrel buried in a hillside, in a garage, in your cellar or in an enclosed, unheated porch or attic.

If you can't leave your root crops in the ground because of poor drainage or inaccessibility, remove the leaves and layer the vegetables with straw or stick them in sand. Store cabbages and thin-skinned winter squash this way. Thick-skinned winter squash can be stored on a shelf in an enclosed pantry.

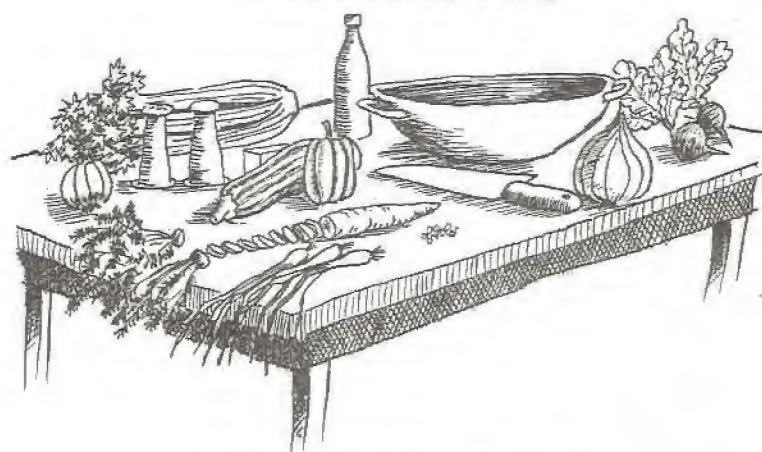
Root-cellaring is easy, uses no fuel and preserves many vitamins. After you get used to this method you'll wonder why so much "progress" was required for canning and freezing carrots.

IN THE GROUND

Many vegetables will hold over the winter in the ground: parsnips, carrots, beets, turnips, rutabagas. If the temperature drops below 32 degrees F., cover the rows with half bales of straw or hay or piles of dry leaves.



CHAPTER VIII



From Garden To Table

The greatest advantage of a home garden is really fresh, untainted vegetables. The "fresh" produce in the stores is often at least two weeks old, and certainly it can't be as fresh as from the local garden. Don't use poisonous sprays, and eat vegetables straight from the garden. Have you tried raw asparagus? Just like peas! Broccoli? It's another one that's good raw with a dip for hors d'oeuvres.

Some vitamins are lost in cooking, so serve them raw or cooked as little as possible. It's surprising how children prefer raw vegetables. When they're hungry and finding all sorts of excuses to be in the kitchen, put out a bowl of raw vegetables (sprouts, peas, pieces of turnips, carrot sticks, cabbage wedges or spinach leaves). If you don't cook or mix the vegetables together, and if the children think this is a special treat, they'll gobble up most of their daily requirement of vitamins and minerals and their appetites will still be hearty. (Try this on grown-up kids, too.)

If the vegetables aren't tender enough raw or you want a change of pace there are two things to remember when cooking vegetables. First, some vitamins and minerals

are water soluble, and second, too much heat destroys most vitamins. If you cook vegetables in water, use as little water as possible in a pressure cooker or a pan with a tight fitting lid, and save the water for soup or bread or a cold refreshing drink on a hot day.

The most nutritious and flavorful method of cooking fresh vegetables is stir frying. This is easiest in an oriental wok, but a heavy skillet can handle the job quite well. The pan is heated quite hot, and then you put in a tablespoon or two of a good quality oil that can take high temperatures. Add cut-up vegetables and quickly turn them over and over in the pan. The hot oil sears the outside of each piece, and the healthful water inside the piece doesn't leave but heats to cook the vegetable tissue. This method is very fast, so plan stir frying for the last minutes before serving.

Some basic recipes like homemade mayonnaise and homemade yogurt can add so much to these good foods, and they can be changed by simple additions such as blue cheese, fresh pressed garlic and a little fresh fruit in the yogurt to make all kinds of things: dips, sauces, special salad dressing. . .you name it.

Once you've made your own mayonnaise you'll never enjoy the "store bought" kind again. We've made our own for 20 years!

HOMEMADE MAYONNAISE

6 egg yolks	1/4 tsp. garlic salt
1 Tbs. salt	1/4 tsp. ground pepper
1 Tbs. dry mustard	4 1/2 cups corn oil
2/3 cup cider vinegar	

Place first 6 ingredients in mixing bowl. Turn beaters to medium or higher speed. Slowly, slowly add oil. Keep refrigerated. Makes 1 1/2 quarts.

Eggs are best from hens who have been given greens or allowed to run outside.

YOGURT - 1 GALLON

2 qts. fresh milk	$\frac{1}{2}$ cup yogurt
1 can evaporated milk	4 quart jars - large mouth
2 cups non-instant powdered milk	water

Wash jars. In one, pour evaporated milk and fill to top with cold water. In one, pour a little cold water. Add powdered milk, whipping with wire whisk. Fill with cold water.

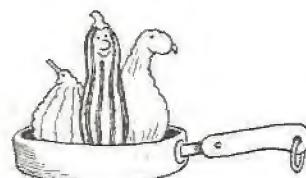
Heat 2 qts. fresh milk in large kettle. When it's hot enough to hold little finger for a count of 4 (but not until count of 10) it's hot enough. Remove from stove. Add jars of canned milk and dried milk to heated milk.

Mix. Pour a little of the warm milk mixture back into one of the jars. Blend this with the yogurt with a wire whisk. Then add this to the mixture in the kettle and beat with the wire whisk. Pour the mixture into the 4 jars. Cover the jars and place over the water heater or in a warm oven for 2-3 hours. Cover with thick blanket or wool jacket. It's ready when the yogurt has thickened or set. Cool and refrigerate.

JEFF'S BREAD, THE STAFF OF LIFE

3 Tbs. dry yeast	$\frac{1}{2}$ cup corn oil
2/3 cup blackstrap molasses	a small handful salt
2 qts. warm water	5 lbs. whole wheat flour
2/3 cup powdered milk	

Add yeast and molasses to water. Add dry milk, corn oil and salt. Slowly mix in most of the flour. When a good dough is made, work it well for several minutes. Allow to rise in two large heavy bread pans for one hour at room temperature. Bake at 385 degrees 40-50 minutes. Cool upside down and on side before taking out of pans.

**CHAPTER IX****Winding It Up**

I'm an optimist. I'm hoping you have found this little book an inspiration to try some organic gardening. The process is so simple and basic that no one should be discouraged by articles and books that make "natural gardening" sound complicated.

As you have discovered, I'm not a scientist, but the good feeling of sharing with the earth and its creatures brings deep satisfaction. It also seems to bring returned love and bounty from the earth.

Growing, cooking and enjoying good food has been an important part of our family life. Billy, Mike and Jeff have always been willing helpers on the heavy garden work; rototilling, weeding, erecting fences, bringing truck loads of spoiled hay and manure from old feedlots and barns. And they all have patiently kept machinery in running condition.

All the children have enjoyed cooking. Mike used to cook breakfast for us every day during junior high years; Jeff's bread is our favorite; and Bill's lunches, like omlettes or hot torpedoes (tortillas with melted cheese and green chili slices), were always a delight. Janie was the pie baker before she graduated from high school, and Peg always was a great help before and during the many parties we have had. Patty learned to cook fast just before she was married, and now she's a great cook and mother.

Participating in growing vegetables and fruits and the whole preparation process has been an important part of our enjoying nutritious food more than the store-bought, artificial, sweetened, sorry stuff many people buy. And one of the most rewarding things to happen is this: to have a son or daughter-in-law, a grandchild or a friend suddenly discover the enjoyment of good food. Good luck!

SOME USEFUL PUBLICATIONS

- Davis, Adelle, B.A., M.S.: **Let's Cook It Right - Good Health Comes From Good Cooking**, Harcourt, Brace and Company, New York, 1947. This gives information on the nature and treatment of basic foods plus unlimited recipes to widen your cooking horizons.
- Davis, Adelle, B.A., M.S.: **Let's Get Well**, Harcourt, Brace, and World, Inc., 1969. Sound nutritional advice for the correction of illness.
- Gillespie, Janet: **Peacock Manure and Marigolds, a No-poison Guide to a Beautiful Garden**, Ballantine Book, 1964. This has the answers to many of your gardening questions.
- Hertzberg, Ruth; Vaughan, Beatrice; and Greene, Janet: **Putting Foods By**, The Stephen Greene Press, Brattleboro, Vermont 05301, 1973. An up-to-date collection of all the newest and oldest methods of food preservation.
- Kinderlehrer, Jane: **Confessions of a Sneaky Organic Cook**, Rodale Press, Inc., 1971. An amusing and inspiring book for anyone interested in good health.
- Price, Weston Andrew: **Nutrition and Physical Degeneration; a Comparison of Primitive and Modern Diet and Their Effects**, P. B. Hoeber, 1939. If, after reading this fascinating book, you do not become convinced of the value of having untainted, home-grown foods for your family's health, you never will.
- Rodale Press: **Organic Gardening and Farming Magazine. Prevention Magazine**. Two excellent monthly publications to keep you up to date on organic gardening, where to purchase hard-to-find items and new discoveries (and old) in the nutrition field.
- Stout, Ruth and Clemence, Richard: **The Ruth Stout No-work Garden Book**, Rodale Press, 1971, Bantam Books, 1973. An experienced gardener gives the easiest methods to garden organically. A back-saver!